



SENIOR HAPPY'NINGS

MARCH/APRIL 2018

27 BROOK ST
SCITUATE, MA 02066
781-545-8722



Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

COA STAFF

Director - Linda Hayes
lhayes@scituatemema.gov

Administrative Assistant
Jill Johnston
jjohnston@scituatemema.gov

Transportation Coordinator
Jean Sullivan
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Van Drivers: Mary Brown,
Jay Brien, John White,
Jim Keeley

Outreach Coordinator
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jgerbis@scituatemema.gov

Activities & Volunteer Coordinator
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Manager of Social Services
Laura Minier
lminier@scituatemema.gov
781-378-1653

COA BOARD

John D. Miller, Chair
Dr. Gordon Price, Vice
Janice Lindblom, Secretary
Caitlyn Coyle,
Lucille Sorrentino,
Helen Jablonski,
Leslie James, Henry Yeh,
Janice Desmond

Selectman Liaison
John Danehey

Director Note - "A person who isn't evolving or growing isn't alive." -Virginia Woolf

I know many of you would like an update on the status of the new senior center project, so here are the facts: the Board of Selectmen chose the site of the old Gates school, which is 6 acres in total, from the 4 options presented and studied for their feasibility. Although the Council on Aging Board, along with myself, was asked to make their collective recommendation to the Selectmen, which we did, it was always the BOS decision to make. We have been given an opportunity to situate the building on enough land to build an appropriately-sized, modern building that we will plan for our needs now and well into the future, with outdoor space and attributes that would allow for community use. STEP 1 was to hire an Owner's Project Manager (OPM) – a contract expected to be finalized by the end of February with Vertex, the same company that worked on the new Safety Complex and was selected from among 8 applicants for the project. STEP 2—hiring an Architect to create the schematic design for the building. This step requires a 2/3 vote at the Annual Town Meeting on April 9 to appropriate the funds set aside in the Capital budget. STEP 3 is to work with the Architect and the OPM to design the building with all costs associated with construction of the building to be determined. STEP 4 will be to bring the schematic design along with the price tag to a Special Town Meeting for acceptance by a 2/3 vote which would then lead to STEP 5 – a ballot vote. The ballot vote would likely be asking for an override, but we do not yet know the actual costs of the project or other funding which might help lessen the burden on tax payers. The plan is to deliver a valuable community asset that Scituate's senior population and all ages will be proud to have and enjoy—that will accommodate the necessary programs, services, activities and events that constitute a true Senior Center providing older adults with connection and opportunity to be engaged, informed, and active—together - and will become an integral part of the town of Scituate for many years to come! ♥ Linda

Coffee with Linda

Wed, March 7 @ 10:30am
Senior Center Update & more with special guest, our new Town Administrator
& Wed, April 4 @ 10:30am
with guest, new Police Resource Officer Brad Stenbeck—submit some questions to us ahead of time!

SENIOR CENTER

Hours of Operation:

Monday - Thursday
8:30 AM - 4:30 PM

Friday 8:30AM - 3:00PM

Please join the Scituate Council on Aging for our 2nd year of this special community event for seniors, family and friends!

An Evening of Irish Music and Song at The River Club

Featuring Irish music by Rose Clancy, Bob Dunlap and Kathie Taylor

— Friday, March 9 @ 6:00-8:00 pm —

Buffet dinner courtesy of The River Club; Cash Bar; Tickets \$8

Trips —live & learn!

Fri. March 23 **Peabody Essex Museum**, Peabody, MA and lunch. Arrive COA @ 9am, Depart COA @ 9:15. Return to Scituate approx. 4/4:30pm, \$25. Bring money for lunch!

Mon. March 26 **Shopping, Lunch and Market Basket Grocery Shop Trip**, 10am-3pm. Arrive COA @ 9:00, Depart COA @ 9:15. Return to Scituate at 3:30pm, \$5 van ride

Fri. April 20 **Dunbar Tea Room and Sandwich Glass Museum**. \$30 includes van ride, admission and Afternoon Tea & gratuity. Depart COA @ 8:45am. Return Scituate 3pm

PAYMENT IS DUE at SIGN UP for ALL TRIPS

So.Shore Conservatory FREE Coffee Break Concert Series

Tues. March 27 “**Swing into Spring**” Voice Dept. Chair Emily Browder Melville, pianist Ed Broms, guitarist George Little.

Tues. April 24 “**Around the World in Song**” Percussion chair Ed Sorrentino joins Anne Smith, mezzo-soprano, and more!

11AM concert in Duxbury @ Ellison Center for the Arts. \$3 van ride. Depart COA @ 9:45AM. Call to reserve 545-8722
Even if you plan to drive yourself, call for reservation!

Sat. April 27 “**Books in Bloom**” at **The James Library**, Norwell, 10am-2pm. Price TBD. \$3 van ride. Please sign up!

FRI, MARCH 16th— 9AM —3PM...TAKE A LUXURY COACH to the BOSTON FLOWER & GARDEN SHOW at Seaport World Trade Center, SIGN UP and PAY early to guarantee your spot. Limit to 55. **\$30 includes admittance ticket and transportation.** ARRIVE @ 9am to Harbor Community Building, 44 Jericho Rd. Bus departure at 9:15am. Return to Scituate at 3:15pm. **Payment is required within 3 days of sign up to reserve your spot on this trip.**

ATTENTION ALL TICKETED ACTIVITIES and TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. Often times, we are able to offer a trip to people on the waitlist. Any cancellations should be made as soon as possible, so that people on the waitlist have ample time to plan. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST.**

Transportation —local & out-of-town



SNOW POLICY: if all schools in Scituate are closed due to inclement weather, then all classes at the Senior Center will be cancelled and the vans will not be running for any purpose. If your pathway to the van is not cleared to allow safe passage, the Driver will not pick you up.



10 Ride Pass for \$10.00 = \$1.00 each way
Cash = \$1.25 each way/ \$2.50 round trip
Out of Town = \$5.00 EACH WAY
Monthly \$25.00 includes Local and Out of Town

Transportation Coordinator

Jean Sullivan will schedule your requests for COA van transportation in Scituate or Out-of-Town Medical Rides and any questions about rides at 781-545-8722, ext. 17

Medical rides OUT OF Scituate provided Monday– Friday between 10:30am—1:30pm. Rides require 5 days' notice! *Provided by South Shore Community Action Council.*

Medical rides WITHIN Scituate require 2 or more days' notice. Monday, Wednesday, Friday between 8:00am-3:00pm. Tuesdays 12noon—4:00pm

Non-Medical local rides WITHIN Scituate—require at least 2 days' notice. *Local rides include appointments to doctors, the Senior Center for activities, library, shopping, hair dresser, etc. Our van runs on the same schedule as Council on Aging hours.*

American Cancer Society provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300

Regular scheduled trips:

TUESDAYS: SHAW'S SUPERMARKET - 9:00 – 9:45 AM

WEDNESDAYS: (2nd & 4th Wed of the Month)
HANOVER MALL / TRADER JOES/DOLLAR TREE -
10:00 – 11:30 AM

THURSDAYS
SCITUATE HARBOR - 9:00 - 10:00 AM
CONGREGATIONAL CHURCH LUNCH—12:00 – 1:00PM

When making medical appointments, we will need your appointment date, time, doctor's name, address and telephone number.

Please advise the doctor's office that the Council on Aging will be providing your transportation. When possible, please try to determine the length of your appointment for scheduling the return trip.

VOLUNTEER DRIVERS NEEDED

Drivers needed occasionally to escort some of our seniors to and from doctor appointments. If you can help us, please call Jean at 781-545-8722 x17.



Discount Senior MBTA Cards

can be applied for or renewed by mail (or e-mail) with a new photo—call Jill, x10. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

Scituate Senior Happ'y'nings — MARCH / APRIL 2018
Programs, Special Events, Speakers

Call 781-545-8722
to register

M o r n i n g C a f é T a l k s

Information, social opportunity, and refreshments.



Wed, March 14 @ 10:30am - Janey Tenaglia, Scituate Pharmacy

Your Emotional Gut- “Get it moving & flowing for good health and happiness!”
 Emotions are meant to move and flow. When they don't, they get stuck in our emotional and physical body causing blocks that may lead to pain and disease. As children we weren't taught how to be at ease with our emotions or aware of our emotions without acting on them. As a result the emotions got repressed, stuck in our bodies even at the deep cellular level. Let's learn a couple of techniques to become aware of our emotions, how to process and digest them so they can move and flow.

Wed, April 11, @ 10:00am - Dr. Gordon Price

Slide Presentation: South Africa

A “trip of a lifetime” came last October to attend a Tribal wedding in South Africa. In addition to the wedding festivities we travelled the country visiting Cape town, Robbin Island(jail where Mandela was incarcerated), Table Mountain, Franschok (wine country) as well as Dubai for several days. Undoubtedly the highlight was our four day safari in northern South Africa near the Botswana border where we were treated to seeing many magnificent animals in their natural habitat.

Wed, March 21 @ 10:30am
“Sister Cities” – CORK Ireland
Hosting “TALK & TEA”
 Enjoy Irish Tea and Irish Soda Bread while learning about Scituate’s Sister City Cork, Ireland

LADIES Breakfast
“Ted Talk” and discussion
Wed, March 28 @ 10am
Wed, April 25 @ 10am
TEDTalks... “Ideas Worth Spreading”. Light breakfast \$5



Coffee with Linda
 March 7 and April 4 @ 10:30
See page 1 for details.

Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you are planning to attend.

Dinner & Game Night
@ Senior Center

Wednesday, March 28
4:30pm-6:00pm

Scituate High School’s, Interact Club students will be hosting DINNER & GAMES! Please join us for a fun evening with friends for some casual or competitive gaming! Don’t be late for a special dinner performance! We will have a MAGICAL guest from Wampatuck School —you won’t believe your eyes with some of his tricks!

Tuesday Men’s Breakfast

Please Call to RSVP @ 781-545-8722

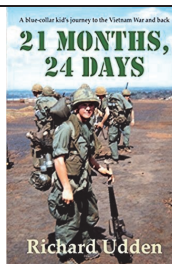
9:00AM, March 6 — **Local Author,**

Richard Uddine shares his book:

21 Months, 24 Days *A Blue-Collar Kid's*

Journey to the Vietnam War and Back

Richard grew up in the sixties when the Vietnam War was in full swing. An innocent choice led him to the war where he served as a combat infantry soldier. Richard describes what it was like to journey to the Vietnam War and back as a member of the US Army Infantry.



Projects for a Purpose
@ The Senior Center

Thursdays, 3:30-4:30
Mar 8, Apr 12, May 10

Please join this intergenerational group—
 SENIORS and SCOUTS!

Let’s make someone’s day!

Join us for this lighthearted workshop to produce something for others. Enjoy socializing and working together with young school-age children on projects to donate to the needy or confined. Fleece blankets, flower arrangements, potted plants, letters to Veterans. **FREE!** Funded by **12Womencare**. Led by Lisa Thornton and Debbie Carlino. This group will meet once a month for 5 months. For questions or to reserve a space in this group— Call Lisa: 781-545-8722, x12 or lthornton@scituatemema.gov

Tuesday Men’s Breakfast

9:00AM, April 3—**Guest Speaker: Scituate Police Officer Brad Stenbeck**

will come to talk about his new role as our special Senior Resource Officer and will be ready to discuss anything of concern or questions regarding police role in community.



MEN’S GROUP

Tuesday Men’s Breakfast

9:00AM, May 1 — **Tom Hall, Scituate Author** — **“Tower Talk”– Lawson Tower!**

We will take a ride to Lawson Tower for an on-site tour, after the breakfast. You will get a tour inside the tower—a sight that most people do not get to see! *Why not invite a friend from another town to share our local secrets!* Next quarter, Tom Hall will take us to the Grist Mill or Scituate Lighthouse! July and October

All Men’s Breakfast’s will be held at The North River Grille @ Widow’s Walk Golf Pub, unless otherwise noted.. \$8/pp.
Come and connect– socializing is a key to good health, as well as starting the day with a delicious breakfast!

Once a Month ... Support and Services

CAREGIVER SUPPORT GROUP (DAYTIME)

COA Support Group held in **SCITUATE**

3rd Wednesday at 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-378-1653

OTHER AREA SUPPORT GROUPS—MONTHLY

EVENING CAREGIVER DISCUSSION GROUPS

⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.

⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME CAREGIVER DISCUSSION GROUPS

⇒ **First Tuesday** at 2:00-3:00PM at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730

⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

VISION SUPPORT GROUP

⇒ **Third Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** Call the Senior Center for more support group information.

BLOOD PRESSURE CHECK! **3rd Wednesday**

Town nurse, Eileen Scotti

@ the Senior Center monthly on Wed- 10:30-11:30 AM.

BP screening, B12 shots with prescription and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS: **Wed- 10:00 AM**

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK -Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

1st Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy (ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11AM

ASK A LAWYER

3rd Friday

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

Call 781-545-8722 for a morning appointment.

MEET YOUR SENATOR

3rd Thursday

Sen. Patrick O'Connor

10:30-11:30AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee – you bring the talk!

MEET YOUR REPRESENTATIVE **4th Friday**

Rep. Jim Cantwell meets at the Senior Center each month. If you have questions or concerns to discuss, *please call to confirm the next date and schedule an appointment.* Meetings— approx. 30 mins.

FINANCIAL SERVICES

1st Monday

*Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Call the Senior Center to be referred for an appointment in their local Scituate offices.***

Lori Shea, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

Call for an appt.

Adrienne Rowles, Financial Advisor and Vice

President of The Woerdeman Financial Group.

If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

Dinner & Game Night

Wednesday, March 28

@ Senior Center with




4:30pm-6:00pm

High School Interact Club - Students will be hosting home-made DINNER & GAMES! Don't miss this fun evening with friends of all ages! Special Guest—Magic tricks!

April 2018

Mon	Tue	Wed	Thu	Fri
<div>2</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:30 Hand Foot Card Game 4:00 Pickleball</div>	<div>3</div> <div>9:00 Men's Breakfast 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi</div>	<div>4</div> <div>9:15 Zumba 9:45 Mens Yoga/Chair Yoga 10:30 Coffee with Linda 12:30 Balance for Life 1:00 Scituate History 3:00 Quilting 4:00 Pickleball 6:00 Badminton</div>	<div>5</div> <div>10:00 Memoir Writing 11:15 Balance for Life 11:30 Expressive Writing 1:00 Pathways Through Grief 1:00 Knitting 4:00 Art Class</div>	<div>6</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga</div>
<div>9</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:30 Hand Foot Card Game 4:00 Pickleball 7:00 Annual Town Meeting!</div>	<div>10</div> <div>9:00 Cardio 9:00 Shaws 10:30 Mah Jong 11:00 Networking Group 1:00 Scrabble 1:30 Tai Chi 3:00 The Artist's Way – INFORMATION SESSION</div>	<div>11</div> <div>8:30 Yoga 9:15 Zumba 9:45 Men's Yoga/Chair Yoga 10:00 Café Talk 12:30 Balance for Life 1:00 Scituate History 3:00 Tech Time 4:00 Pickleball 6:00 Badminton</div>	<div>12</div> <div>10:00 Memoir Writing 10:30 Multigenerational Yoga 11:15 Balance for Life 11:30 Expressive Writing 1:00 Pathways Through Grief 1:00 Knitting 3:30 Projects for a Purpose 5:30 COA Board Meeting</div>	<div>13</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix</div>
<div>16</div> <div>Holiday</div>	<div>17</div> <div>9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi</div>	<div>18</div> <div>8:30 Yoga 9:15 Zumba 9:45 Men's Yoga/Chair Yoga 10:30 Blood Pressure/Nurse 4:00 Pickleball 5:00 Dine Out – RIVA 6:00 Badminton</div>	<div>19</div> <div>10:00 Memoir Writing 11:15 Balance for Life 11:30 Expressive Writing 1:00 Pathways Through Grief 1:00 Knitting 4:00 Art Class</div>	<div>20</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga</div>
<div>23</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:30 Hand Foot Card Game 4:00 Pickleball</div>	<div>24</div> <div>9:00 Cardio 9:00 Shaws 10:30 Mah Jong 11:00 Free Concert @ Duxbury 11:00 Networking Group 1:00 Scrabble 1:30 Tai Chi 3:00 The Artist's Way Begins</div>	<div>25</div> <div>8:30 Yoga 9:15 Zumba 9:45 Men's Yoga/Chair Yoga 10:00 Ladies Breakfast Club 12:00 Caregivers Support 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton</div>	<div>26</div> <div>10:00 Memoir Writing 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class</div>	<div>27</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flix</div>
<div>30</div> <div>8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 1:30 Hand Foot Card Game 4:00 Pickleball</div>	<div>Sunday, April 29, 1pm—Rotary Event @St. Mary's—50/50 Afternoon Party—Music, Cash bar, Silent Auction, Raffle, Prizes, Food, Fun & Fellowship! Adm \$20; Raffle \$100 May 12, 4pm —Norwell Company Theatre “Barbra and Frank-Barbra Striesand and Frank Sinatra. Call if interested. \$35 plus ride.</div>			
<div>May 16, 5pm —Supper Club—Plaza Azteca, Hingham, MA</div>				

March 2018

Mon	Tue	Wed	Thu	Fri
<p>Thank you for your patience with our new phone system! We are working to make it better for our clients! Please listen to the automated greeting—our extensions have changed.</p> 	<p>  Don't miss the Senior Center's 1st Parade Float in this year's St. Patrick's Day Parade on SUNDAY, MARCH 18—Join us for this fun Scituate tradition and our special appearance! If you are interested in helping, please call Linda at the Senior Center—545-8722. </p>			
5 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	6 9:00 Cardio 9:00 Men's Breakfast 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi 2:30 Movie Series-The Crown	7 9:15 No Zumba today 9:45 Men's Yoga 10:30 Coffee with Linda 12:30 Balance for Life 1:00 Scituate History 3:00 Quilting 4:00 Pickleball 6:00 Badminton	8 10:30 Multigenerational Yoga 11:15 Balance for Life 1:00 Knitting 3:30 Projects for a Purpose 5:30 COA Board Meeting	9 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flx  <u>6-8pm IRISH NIGHT OF MUSIC</u> <i>Get your tickets early!!</i>
12 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	13 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 11:00 Networking Group begins 1:00 Scrabble 1:30 Tai Chi 2:30 Movie Series-The Crown	14 9:15 Zumba 9:45 Men's Yoga/Chair Yoga 10:30 Café Talk 12:00 Caregivers Support 12:30 Balance for Life 1:00 Scituate History 3:00 Tech Time 4:00 Pickleball 6 Badminton	15 11:15 Balance for Life 1:00 Pathways Through Grief 1:00 Knitting 4:00 Art Class	16 8:30 Yoga 9:00 Flower & Garden Show TRIP 9:30 Joint Efforts 9:45 Chair Yoga
19 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	20 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 11:00 Networking Group 1:30 Tai Chi 1:00 Scrabble 2:30 Movie Series-The Crown	21 9:15 Zumba 9:45 Men's Yoga/Chair Yoga 10:30 Café Talk & Tea 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 5:00 Dine Out-Mr Dooleys 6:00 Badminton	22 11:15 Balance for Life 1:00 Pathways Through Grief 1:00 Knitting 4:00 Art Class	23 Peabody Essex Museum TRIP 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flx
26 Market Basket Shopping TRIP 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	27 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 11:00 Free Concert @ Duxbury 11:00 Networking Group 1:00 Scrabble 1:30 Tai Chi	28 8:30 Yoga 9:15 Zumba 9:45 Mens Yoga/Chair Yoga 10:00 Ladies Breakfast Club 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 4:30 Dinner & Game Night 6:00 Badminton	29 11:00 Bereavement Group 11:15 Balance for Life 1:00 Pathways Through Grief 1:00 Knitting 4:00 Art Class	30 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga

Social Services & Outreach



Job Seekers/Networking Group 2nd & 4th
@Harbor Building Tuesdays
11:00am-1:00pm

NETWORKING WORKS! Your AGE really is your EDGE!

This 50+ Job Seeker Networking Group will begin March 13 for 14 weeks through September 25

*Offered by the Scituate Senior Center, this newly-formed **Job Seekers Networking Program** is designed to support and assist people age 50 and older who are looking for a new job or career direction, reentering the workforce after an employment gap, or looking for a Second Act career after a retirement.*

*Meetings are open to anyone who is 50+ years old and residing in MA. This program is being offered successfully at several other Senior Centers in the state. Lead facilitator is Susan Kelly, a Certified Career Coach with 35+ years of experience, along with COA Outreach Coordinator Jenny Gerbis as co-facilitator. **Please pick up a flyer at the Senior Center for more information or call us at 781-545-8722. Pre-register!***

THURSDAYS @ HOUSING AUTHORITY ~

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Stop by to say “hello” and see what information is available to you, or just have a chat.

March: Please note NEW DAY!

Thursday 3/1 12:30 PM @ Lincoln

Thursday 3/8 12:30 PM @ Central

Thursday 3/15 12:30 PM @ Wheeler 1 1PM Wheeler 2

April : Please note NEW DAY!

Thursday 4/5 12:30 PM @ Lincoln

Thursday 4/12 12:30 PM @ Central

Thursday 4/19 12:30 PM @ Wheeler 1 1PM Wheeler 2

SHINE—by APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor, Norman Tetreault, volunteer at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an available time on the following dates. NO PART D DRUG SEARCH APPTS.

March 1, 6, 15, 22, 29

April 5, 10, 19, 26

Pathways Through Grief **Thursdays** **March 15-April 19** **1:00—2:30PM**

The Scituate Harbor Community Building

Beacon Hospice is offering a support group for anyone experiencing grief and loss because of the death of a loved one. This grief support group will meet once a week, for 6 weeks. Meetings facilitated by Terri Henshaw, a licensed social worker, who is the bereavement coordinator for Beacon Hospice in Plymouth. This group will offer a safe and supportive place to share your experience of loss with others and move toward healing and hope in a confidential and supportive environment.

Pre-Register @ 781-545-8722 or 508-747-7222.

NEW Buried in Treasures “BIT” Skills Group Starts March 7 1:00-2:30pm

Group will meet on Wednesdays thru May 9 in the Small Conference Room at the **Scituate Public Library**. Text-book purchase required. For more information or to register: Laura Minier, LICSW 781-378-1653 Pre-register!

Van transportation is available by calling the Senior Center at 781-545-8722—48 hrs ahead!



MONDAY, WEDNESDAY & FRIDAY

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by South Shore Elder Services.

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations.

Monthly Community Dinner No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,

This is a free, community dinner for all ages sponsored by various community groups..

The Scituate Food Pantry

Client hours:

Tuesday 10:00AM - 12:45PM, Thursdays 3:30-5:30PM

Food donation drop offs:

Tuesday 9AM to 1PM, Thursday 3PM to 6PM.

The Food Pantry is located in the lower level of the Masonic Hall at 344 Country Way. It is a valuable support service for all Scituate residents who qualify. If you would like to learn more about using its service, stop by at any time during the client hours.

NEW Online Hoarding Treatment Group starting end of March. Exact dates and times being finalized.

Computer and internet access required.

Contact Laura Minier, LICSW, (781) 378-1653, for more information or to join the waitlist.

Age Well at the Senior Center—fun & learning!



"FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; closed caption & popcorn!

Mar 9: **Stronger**—2017, R, 2 hrs, Biography/Drama

Mar 23: **The Mountain Between Us**—2017, PG-13, 2hrs, 21min, Drama/Action/Romance

Apr 13: **Dunkirk**—2017, PG-13, 1hr, 46min, War Drama

Apr 27: **The Glass Castle**—2017, PG-13, 2hrs, Drama
65" FLAT SCREEN TV & SURROUND SOUND

"MOVIE SERIES"

Tuesday 2:30-4:30

Still a cozy time to come inside & enjoy this award-winning series on our big screen with friends!

THE CROWN

Season 2: Feb 20—Mar 20

Two 1-hour episodes each week



GARDEN THERAPY



Tuesday 10:30am

"Spring Fling"

MAY 8

Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful seasonal arrangement! Space limited! **Call to sign up!**

WRITING MEMOIRS WORKSHOP

Thurs. 10-11:30am

@ Senior Center

SIGN-UP!

April 5—May 10

We have all had significant experiences in our lives that we often wish we had recorded, either to share with our children and grandchildren, or to examine how these experiences have shaped our lives. In this SIX week workshop, Paula Delaney will facilitate by providing specific prompts and guides that will trigger memories of childhood, family events and major life experiences. Writing products can remain private or can be shared with the group. No previous writing experience is required to participate. We focus on recording life events in a non-judgmental atmosphere. *Participants should bring a pen and notebook but also have the option of using an iPad or laptop. No fee.*

TECH TIME

Wednesday 3-4:00pm

w/ S.H.S. students

Mar 14, Apr 11

Sign up to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club for SHS students in grades 9-12, experienced and ready to help.

Dine Out



Wednesday, Mar 21 @ 5:00pm

Mr. Dooleys, Cohasset \$3 van ride

Call the Senior Center @ 545-8722 for reservation. Van available.

Wednesday, April 18 @ 5:00pm

RIVA Restaurant, Scituate \$3 van ride

Call the Senior Center @ 545-8722 for reservation. Van available.

"Scituate Stitchers"

Wednesday 3-4:30pm

QUILTING GROUP

Mar 7, Apr 4, May 2, Jun 6, Jul 11

Join other quilters, experienced and beginners. Bring a project or start a new one. Drop in or call to sign up 545-8722. Held at Senior Center, except Mar 7 will be held at Harbor Community Building.



PAINTING CLASSES

Monday 12:30-3:30pm

@ Senior Center

Thursday 4:00-7:00pm

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea.

Supply list available. Call for details @ 545-8722;

No class on 2nd Thursday of the month. \$10 class



Lifelong Learning Class

Wednesday 1—2:30pm

Tuition \$20

Mar 7 - Apr 11

Scituate's Cultural Change 1885 to 1935 w/ Bob Jackman will follow patterns of cultural change that took place during a crucial fifty year period that permanently altered the community. Some institutions that had been at the core of the community such as the churches, schools, and town government emerged in radically altered forms. Some new institutions drew strong support from summer residents such as the Glades Association, the Hatherly Club, and Scituate Yacht Club. The community also was restructured by developments such as the new North River mouth, the dredging of outer Scituate Harbor, the telephone, electricity, and the automobile.

Lifelong Learning Class

Wednesday 1—2:30pm

Tuition \$20

Apr 25 - May 30

Scituate's Victorian Architecture – w/Bob Jackman The course will survey some of the better documented Victorian houses in Scituate. We will utilize material on the MACRIS website, but we will also search the town for homes not yet in that database.

EXPRESSIVE WRITING

April 5—May 31

Thurs. 11:30—12:30pm

Facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. No writing experience necessary. We don't care about grammar! Why not try this activity to encourage *expression*! Sharing, storytelling, and connection in a casual and welcoming environment. Great activity for cultivating mindfulness, gratitude and joy! No fee.

Body & Brain Health at the Senior Center—fun & fitness!



The Artist's Way by Julia Cameron

Tuesdays @ 3- 5:30 PM, April 24 through July 10



The Scituate Senior Center is pleased to offer this dynamic, 12-week work/study program designed to move you forward and enhance your creative energies – yes, everyone has creative energies! Each week is designed to renew or unleash creativity that you may not have known you have! This is a spiritual approach to growing your life in the most positive of ways. Regardless of one's life circumstances, age or career, this program can work for you! *The book is required. No fee for this program.* Program @ Harbor Community Building.



Special Event! Community Drumming Circle “Immunity to Community” on Friday, May 4 @ 1:30pm

@ Harbor Community Building. *We are excited to offer this activity funded by our local Cultural Council!*



In a Drumming Circle, a group of people come together and play a variety of drums and hand percussion. Members of the circle participate in the spontaneous creation of music. There are many surprising health benefits to drumming and we encourage you to come try out this free offering! *Call to register at the Senior Center!*

EXERCISE & WELLNESS CLASSES—DAYTIME WEEKLY & BI-WEEKLY CLASSES

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB			9:45 Men's Yoga	HCB	10:30 Multig Yoga Monthly	LIBR	9:45 Chair Yoga	HCB
9:30 Joint Efforts	SC			9:15 Zumba Gold	OGG	(2nd Thurs)		9:30 Joint Efforts	SC
11:15 Balance 4Life	HCB			9:45 Chair Yoga	HCB	11:15 Balance 4Life	HCB		
		1:30 Tai Chi	STM	12:30 Bal- ance for Life	HCB			Trail Walk will resume in Spring	
HCB = Harbor Community Building @ 44 Jericho Rd SC= Senior Center					STM= St. Mary's Parish Ctr OGG= Old Gates School Gym				

Class Dates Changes: March 7– No Zumba Class, April 20—Yoga & Chair Yoga @ Maritime Center

Floor Yoga: Anne/Elizabeth, \$10/12 **Chair Yoga:** w/ Anne/Elizabeth, \$5; **Zumba:** Dance Exercise– fun & fitness, Pasqualina, \$5
Men's Yoga: Anne, \$10/12.

Balance For Life: Stretch, strengthen & tone with Sue! Lots of fun!

Fee increase to \$5 per class; \$8/2 classes; \$10/3 classes per week only*

Joint Efforts: Phyllis/Ann-Marie: Increase to \$3; \$5/2 classes per week*

Cardio: Chris, \$4. **We apologize for fee increases—Our grant funding has ended!*

Tai Chi: Improve balance and overall health and well-being with this 24 week program. Invited to begin every 8 weeks. Call 545-8722, for Lesson 1 start date. Led by Linda; \$2 donation appreciated.

Bowling League TUESDAYS 9:30-11:30 AM Satuit Bowlaway, Cole Pkwy Join for \$5 which includes End of Season Banquet; \$10/wk for lanes & shoes.	Pickleball @ Jenkins School Mondays & Wednesdays, 4:00-6:00 PM Doubles; four courts; rotating play. Nets, beginner pad- dles and balls provided by the Senior Center. Instruction available for new players! Help with setup/cleanup requested. <i>This is a volunteer-led Senior Center program.</i>	Badminton Wednesdays, 6:00PM @ Jenkins School Drop-in! All are welcome!	 SPORT Games
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BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-12:30 This popular and lively game involves calculation and a little luck! Volunteer-led instruction. It is good for the brain and the smiles! Game tiles provided.

Scrabble—TUESDAYS @ 1:00-2:30PM



Hand & Foot Card Game MONDAYS 1:30-3:30, Starts April 2

CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066

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The cost of mailing this newsletter is supported by funds we receive from the state
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merchants, organizations and individuals. Please support our advertisers! Anyone wishing to place an advertise-
ment in this newsletter can contact Advertising with LPI at: 800-477-4574 x6377

Meetings for the **Council on Aging Board** are scheduled for
the 2nd Thursday of the month at the Senior Center. These are
public meetings & are videotaped to be played on Scituate
Cable TV. The next meetings are: Jan 11 & Feb 8 at 5:30 pm.



Rotary Event- "50-50" Afternoon Party
Sunday, April 29, 1 – 4pm
@ St. Mary of the Nativity Parish Center
To purchase tickets: call 545-0870 or
Email lsorrentino@comcast.net

WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at scituatemagov.org;
Department-Council on Aging, and
Newsletters.

ALSO, www.ourseiorcenter.com
Find: Scituate Council on Aging. You
can sign up with your e-mail and receive
notice when it is published (well before
mailing!).

“Like us” on **Facebook:**

Search **Scituate Council on Aging**
AND TownofScituate *Share to your*
friends!

Follow us on Twitter: **@ScituateCOA.**



Upcoming FOSS Fundraising Event:
Saturday, April 14, 5-8pm SPAGHETTI SUPPER @
Congregational Church.

Includes Salad, Spaghetti Dinner, Dessert!!! \$10 pp
All events support the Senior Center Building Fund

Consider joining the **Friends of Scituate Seniors** to lend your support to
fundraising efforts for a new Senior Center. \$10/annual membership

The Friends' volunteer, 501(c)(3) non-profit organization is established
to **raise funds for a new Scituate Senior Center** and to **assist the**
Scituate Council on Aging with financial support for programs, ma-
terial needs and events.

The events they sponsor champion the work of the Senior Center and
together with the COA help to create new supporters in the community.
Please send your name, address, phone and email address to FOSS at
P.O. Box 75 N. Scituate, MA 02060.